

THE LARGEST SELLING ENGLISH MONTHLY MAGAZINE

SHE

FEBRUARY 2011

ULTIMATE
VALENTINE'S
GIFT GUIDE

PHILIPPINES
IRRESISTIBLE
BEAUTY AND CHARM

GET SET TO
BE A CHEF!

FASHION ESSENTIALS

LOWDOWN ON STYLE MUST-HAVES THIS SEASON

FEBRUARY 2011
VOL. XXVIII NO. 04

Contents



STYLING:
TEHMINA KHALID
COORDINATION:
UMER MUSHTAQ
HAIR & MAKE-UP:
SABS SALON
PHOTOGRAPHY:
DEEVEES
OUTFIT: MARIA B
MODEL: SHARY ASKARI



NARGIS HAFEEZ
PAGE 87

National Performing Arts Group
122 WONDERFUL HOBBIES
Fabulous hobbies to take up this winter

TRENDS

58 STYLE CHECK
Update your style with simple tricks

87 WILD SPIRIT
Nargis Hafeez's pret-a-porter collection is for those who want to make look different

93 SPELLBINDING
Saim's ostentatious collection of formal wear
99 COLOUR FLAMBOYANCE
A feminine collection of casual wear by Neelam Ajmal

NEWS AND VIEWS

65 ART REVIEW
Marjorie Hussain reviews various

TRAVEL
PHILIPPINES
PAGE 146



110 VANEeza AND NABILA ON LOVE AND RELATIONSHIPS

artists' works and writes about her experience of the group show of the KU Visual Art department

68 BOOKS
A potpourri of some interesting reads

72 MOVIES
Reviews of the month's best movies

74 MUSIC
What's happening in the world of music

76 TV TALK
Local programmes and channels to look out for

78 BOLLYWOOD
What's happening in the world of

IN DEPTH

25 OPINION
Ghazi Salahuddin comments on the discontent state of the country

30 INTERNATIONAL
The fifth part in the series of the history of US-Pakistan relationship
110 OF LOVE AND RELATIONSHIPS
An analysis of the meaning of love, plus Nabila and Vaneeza share their views

114 WANT TO BE A CHEF?
A detailed guide for those who want to take up this profession
117 APWA - EMPOWERING WOMEN

The efforts of APWA and its President, Laila Sarfaraz

120 DIGNITY IN DANCE
A review of the performance at the

SHE

since 1963

the largest selling English monthly magazine

Editor
Zuhra Karim

Consultant Editor
Masood Sheikh

Senior Editor
Wajiha Shahid

Assistant Editor
Sara Agha

Sub-Editor
Amna Saleem

Advertising Manager
Sh. Mohammad Nadeem

Advertising Assistant
Shakir S. Mirza

Circulation Manager
M. Qasim Khan

Computer Operator
Ahmed Farhan

Lahore Office
Contributing Editor
Iram Ansari

Advertising Representative
Afriz Ali Nazish

CONTRIBUTING IN THIS ISSUE

Ghazi Salahuddin comments
on the current state of affairs
in the country

Marjorie Hussain reviews the
works of various artists and
the show by KU Visual Arts'
students

Karachi Office

New Centre Block, 2nd Floor,
Hockey Stadium, Liaquat Barracks,
Karachi 4.

Tel.: [021] 3521 2544 /
[021] 3521 2766,
Fax.: [021] 3567 3968,
shezed@cyber.net.pk

Lahore Office

1st Floor, Block-12, Mian Chamber,
3 Temple Road, Lahore.

Tel.: [042] 854 6677,
Mbl.: 0333 421 4400,
Fax.: [042] 36280013.

Distributors Local:

REHBAR NEWS AGENCY Shop No. 1,
Akhbar Market, Karachi. Mob: 0333-2168390
■ CHAUDHRY NEWS AGENCY No.1,
Hospital Road, Akhbar Market, Lahore. Tel.:
[042] 712 4584 ■ ITTEFAQUE NEWS
AGENCY New Akhbar Market, Moti Plaza,
Murree Road, Rawalpindi. Tel.: [051] 842 585,
504 559 ■ SARHAD NEWS AGENCY, Chowk
Yadgar, Peshawar City. Tel.: [091] 213 995 ■
SHAMA BOOK STALL, Bhawana Bazar,
Faisalabad. Tel.: [041] 613 449 ■ IQBAL
PERVEZ NEWS AGENCY, P.O. Box. 318,
Opp. Railway Station, Gujranwala City. Tel.:
[055] 212 715 ■ M. ISHFAQ NEWS AGENCY,
14, Samad Plaza Chowk, Nawan Shehar
Multan Cantt. Tel.: [061] 512 744 ■ CAPITAL
NEWS AGENCY, Shahi Bazar, Bahawalpur.
Tel.: [062] 886 811 ■ THE BOOK STALL, Near
M-Masjid, Muhalla Islampura, Ward # 13, Off.
Girganj Bazar, Bahawalpur Mob: 0308-
8321933 ■ GOSH-E-ADAB, Circular Road,
Quetta. Tel.: [081] 843 229, 837 672

Distributors Foreign:

■ MALIK NEWS AGENCY, P.O. Box No. 5449, Dubai,
U.A.E. ■ M/S. INDO PAK VIDEO INC, D.B.A. Video
Palace, 2324 West Devon Chicago, ILL 60659 (U.S.A.)
Tel.: +1 773 2623 990, Fax.: +1 630 497 8170. ■
M/S. UNIQUE GIFT & VIDEO Conversion 1379 E.
Colorado Street - Glendale, California, 91205, U.S.A.
Tel.: +1 310 558 4928, Fax.: +1 310 558 4928 ■ M/S
FAR PAVILLIONS, 1339 Main Street, Bridgeville, PA
15017, Pittsburgh, U.S.A. Ph: (412) 221-1339,
Fax.: +1 412 221 1445 ■ M/S. SUB RUNG
CENTRE, 113 Green Street, E7 8JF, London U.K.
Tel.: +44 [0] 184 724 146, Fax.: +44 [0] 208 472
5875 ■ M/S. ROLEX BOOKS & MUSIC SHOP, 81-
83, Wilmslow Road, Rusholme Manchester, M14
5SU. Tel.: +44 [0] 161 225 4448, Fax.: +44 [0] 161
225 4884. ■ M/S. ORIENTAL STAR AGENCIES
LIMITED, 548-550, Moseley Road, Birmingham
B12 9 AD, U.K. Tel.: +44 [0] 121 449 6437, Fax.:
+44 [0] 121 449 5404 ■ M/S. BOOK CENTRE,
EXPRESS HOUSE, White Abbey Road, Bradford,
West Yorkshire BD8 6EJ U.K. Tel.: +44 [0] 274 727
864 (2 lines), Fax.: +44 [0] 274-728136

CRIMES AGAINST WOMEN

Women in Pakistan face staggeringly high rates of rape, sexual assault and domestic violence while their attackers largely go unpunished owing to rampant incompetence, corruption and biases against women throughout the justice system. Women who file rape charges open themselves up to the possibility of being prosecuted for illicit sex if they fail to prove rape under the 1979 Hudood Ordinances, which criminalize adultery and fornication. As a result, when women victims of violence resort to the judicial system for redress, they are more likely to find further abuse and victimization.

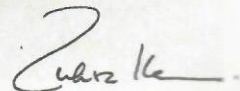
Of the uncountable crimes reported, there was recently the sad case of Anam Riaz, a 20-year-old polio stricken disabled school teacher, who was gang-raped by three men after they abducted her with the help of two women when she was returning from school. Another pathetic incident was reported by Mumtaz Bibi, whose daughter was dragged by four men to their house in her village where she was gang raped. The police refused to file an FIR for four days after which the family approached a senior police officer who ordered for the case to be registered.

Cases of domestic violence and murder have also gained momentum, rather than being curbed. A recent incident, in this regard was of Fauzia, in Faisalabad, found hanging from a ceiling fan. Fauzia's husband and in-laws allegedly killed her and then hanged her body to stage a suicide scene. The police were told that Fauzia had committed suicide over some marital dispute.

Violence against women, be it physical, psychological, sexual or through economic deprivation is one of the most pervasive of human rights violation which denies women equality, security, dignity, self-worth and their right to enjoy fundamental freedom.

Breaking the silence on this violence is not an easy, or even a real option for most women, where to do so, threatens their lives. The pervasive culture of gender-based violence has therefore eroded women's fundamental rights to life.

So where are we heading as a nation? We need to think now.



SHE REGD: SS-30

Published each month by Zuhra Karim, 10/A West Street,
Defence Housing Authority, Karachi.

Printed by **Nikmat Printers**, Spotlit Chambers, Mezzanine Floor, Behind
"The Daily Jang" Off: I.I. Chundrigar Road, Karachi-74200
Ph: 2626544/46 Fax: 2638270,

The contents of this magazine may not be reprinted without permission.

LET A THOUSAND FLOWERS BLOOM

MARJORIE HUSAIN

Increasingly, one finds social issues dominating artist's expression. The directness of the work is often addressed by individual experience and the collective awareness of responsive souls. It is the artist who documents a history that speaks to future.

"For me, expressing reactions to life through paint is the experience that merges art and life." (Ali Azmat)

Showing his work at the Ejaz Gallery, Lahore, Ali Azmat's inherent aesthetic skills, combined with the sensitivity that allows him to enter the soul of his subject, are the factors that lie at the heart of his work. He begins the year with an infinitely moving series of works titled: Let a thousand flowers bloom. His subjects are the small and vulnerable children that are today growing up in a world of terror and violence.

Recently, he and his artist wife Najia had their first child, Ada, and watching her gradual awakening to the world around her with smiles and open arms, the artist's heart aches for the multitude of children who live at risk. Around his subjects, he creates symbols for the viewer to interpret. He is a superb artist who captures the viewer with a sincere and deeply meaningful observation of life.

A gallant attempt to create positive awareness of the crimes against women, was the subject of the travelling exhibition: No Honour in Killing, recently shown at the VM Gallery. Curated by Nilofur Farrukh, the display showed outstanding contributions by 35 artists from all regions of the country. The event dedicated to the five victims of the brutal Nasirabad (so called) honour killings, attracted considerable audiences at every location in Jamshoro, Khairpur, Islamabad and Lahore, ending in Karachi with a programme of dialogue in the auditorium.

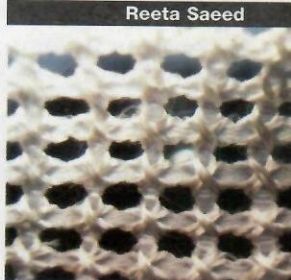
Tassaduq Sohail is an artist who walks a path of his own. He shows his work regularly in exhibitions, recently mounting two shows within two months, yet every show is different and attracts admirers. Sohail has lived a different life to artists of the current generation who are habituated to gallery experience. He lived four decades in London, where his weekends and his social life consisted of showing his work at the railings of Hyde Park. There was no question of gaps between shows or guidance from curators, his place was booked and there one found him with a unique collection of 'Gothic miniature' pieces and portraits of Khan, his cat. Among the pieces shown at the Art Chowk gallery, a beautiful, textured miniature piece, featuring a bird, stole the show.

The journalist, artist, poet and author Mohsin Jaffri showed a collection of dancing lines in his latest paintings in acrylic on canvas titled: Colours of Life. Also exhibiting his work at this time was Anjum Ayub, who is now based in Islamabad, graduated in print making from the NCA in 1988, and continues to express the world as he sees it with an interesting technique of fusing colourful and dark, textured areas in his work. I particularly enjoyed the two figures comfortably seated under a bright umbrella.

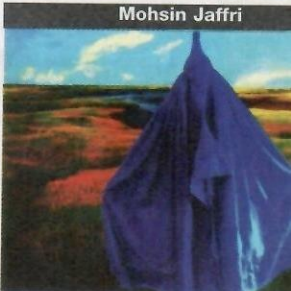
Mohsin Jaffri



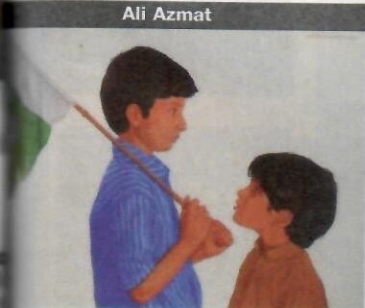
Reeta Saeed



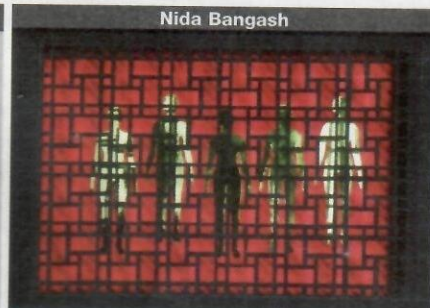
Mohsin Jaffri



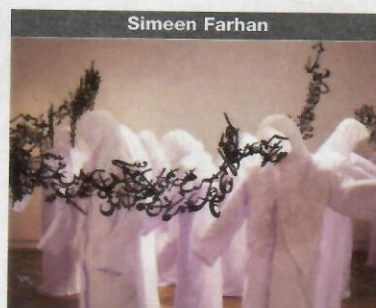
Ali Azmat



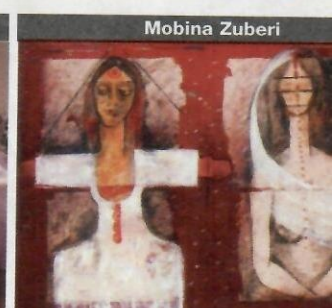
Nida Bangash



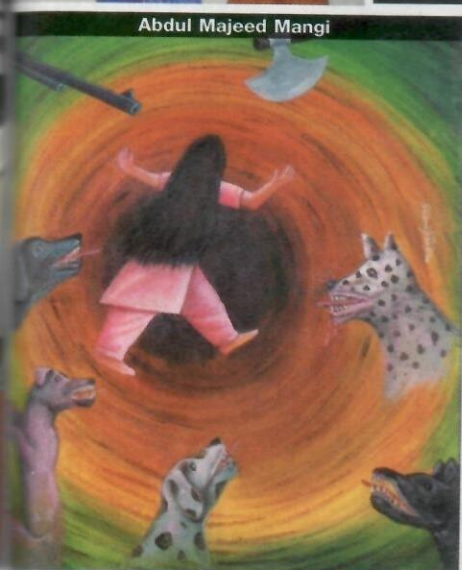
Simeen Farhan



Mobina Zuberi



Abdul Majeed Mangi



Amin Rehman



Noor ul Ain Pirzada



Anjum Ayub



BAY RUNG - (WITHOUT COLOUR)

'We are using this title to reflect the present social and political scenario of our country which had led out thoughts to many conflicting ideas that are affecting each and every individual on a very personal level, how the extreme instability has led our lives into the realm of uncertainty and confusion.'



Fizza Zaidi

The opportunity to view the work of former students of the Karachi University Visual Arts department in a group show was extremely rewarding. The nine young artists' work was assembled at the Canvas gallery and were strongly motivated by their feelings of great concern for their country, which they expressed with eloquence, each with a highly personal approach.



Madiha Bano

The contribution to the exhibition by Fariha Nadir involved painting of a 5000 rupee note and removing the image of the Quaid-e-Azam, which was used experimentally and spoke volumes on the ethics of society.

Fizza Zaidi displayed a haunting portrait from a series currently in process and titled it Emotional Disease. The 4x2.5 feet canvas portrayed the sad young face of a girl with flowing white hair, and expressed the artist's condemnation of the system of



Fariha Nadir

traditional marriage proposals, whereby young girls are 'looked over' by potential in-laws and often casually rejected. Zaidi's series of self portraits show the effects of depression on the victim of the cruel custom by gradually removing colour from the likeness. The fault, Zaidi explains, is that of a society that believes there is no life without marriage.

Syed Mohammad Raza is an artist with a powerful message to convey through the media of print and paint. On display was a five edition print of multiple images dominated by the deceptive gestures of the subject. Working in a strong linear style, the artist created a male form viewed from two angles; from the full front with a scarlet flower in his hand, and one hand hidden

behind his back which carried a scarlet stained knife. Raza's series continued in a diptych rendered with acrylic paint on paper.

Raheela Abro beautifully carved and painted chess pieces with owl's heads from wood pieces, comparing the helpless, hapless masses to pawns in a game of chess.

A form swathed in cloth rendered in oil on canvas was the work of Sahar Jawad, who covered all features of her subject except the mouth hidden from view. Sahar's work portrayed the importance of outer covering and sense of absence of feeling in human expression as a symbol of the times. Madiha Bano had worked with ink on glass creating tiny dots and curling shapes to suggest the phenomenon of 'spread', likening thoughts to a tiny single spore that may spread into a multitude of directions.

Working with pen and ink and gouache on wasli, Sophia Mairaj worked experimentally on a complex theme Flight, which communicated hopes for an envisaged future.

Nosheen Iqbal, who fashions exquisite miniature images with fragmented

pieces of inner works of watches, created maps of Pakistan outlined with green wire and traced the flood areas with patterns made from the tiny components. History of her era was documented in a singular way.

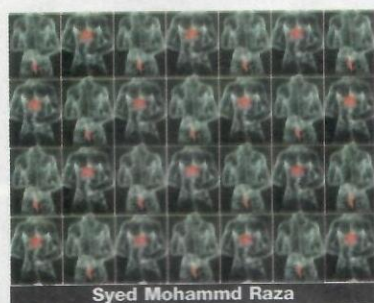
Sheema Khan's contribution to the show was a very important chair with carving, painting and upholstery that displayed images Mughal Court scene, supported by a marvelously carved book. "Every man for himself and every chair for itself," she stated. One can only agree. 



Raheela Abro



Sophia Mairaj



Syed Mohammad Raza



Sheema Khan



Nosheen Iqbal



Laila Haroon Sarfaraz

APWA

EMPOWERING WOMEN

Begum Ra'ana Liaquat Ali Khan - the brainchild of APWA, recognized the need for a national association to supervise, consolidate and organize women's activities for their greater good. Read on to know more about this symbol of empowerment.

AMNA SALEEM

APWA (All Pakistan Women's Association) was officially established on February 2, 1949. It made its mark as the first voluntary service in Pakistan when there was no concept of NGOs. Not only has it affectively functioned, it also has affiliations with national and international partners.

Ra'ana Liaquat single-handedly set up schools, dispensaries, maternity homes and family planning clinics in both urban and rural areas of Pakistan. Her basic focus was health, education and training. By the mid 1950s, APWA had 32 district branches with a total membership of about 1,200 women of whom around 800 were actively involved in social work. Under the supervision of Begum Ra'ana Liaquat Ali Khan, APWA carried out extensive programmes and activities on major issues of gender, (intro-

ducing the registration of marriage, minimum marriage age, regularized divorce procedure and inheritance law for orphans). Other significant achievements of APWA are the multi-project centres for women, regional institutes of higher education including the prestigious APWA college Lahore, The College of Science and Arts Karachi, College of Home Economics in Dacca and Karachi, income generating schemes like Gul-e-Raana industrial home, cottage industry shops and craftsman colony, Karachi. Approximately 8,000 children attended the primary schools run by APWA. The APWA College for Women in Lahore became a full degree college in 1958, which was a great achievement for the APWA team.

In 2005, President Laila Haroon Sarfaraz restructured



APWA and gave it a new life with her powerful personality and strong determination to work for the betterment of her nation. Her mother Lady Nusrat Haroon, had actively participated in APWA with Ra'ana Liaquat Ali in the earlier days as well. Laila Haroon is undoubtedly an inspirational role model, a gifted lady who is still continuing the efforts of Begum Ra'ana Ali Khan to this day and effectively managing programmes in the field of health, education and social welfare.

For those who are not aware, APWA's past projects include ACDP (APWA Community Developmental Project), The Adolescent Development Project, Yusuf Goth Health Project and many others. The mission of ACDP was to take responsibility for the slums in the Hazara Colony, where many immigrants from Punjab and NWFP are located. APWA provided facilities like family planning, health and immunization services, skill and craft lessons and beautician courses. Likewise, the Adolescent Development Project focused on developing skills to protect the young from use of drugs and unhealthy sexual practices. The partner schools' teachers were given a five-day professional training and tools in Nathiagali that

would help them to guide the students. In the same context, APWA also felt the need to make people aware of HIV and AIDS. Laila Sarfaraz realized that the plague of HIV and AIDS is not only present, but spreading fast in our country. Though these were taboo subjects, she took up the challenges of spreading awareness in the society.

Laila Sarfaraz along with Begum Mehr Kermani (Vice President, APWA) devoted time and efforts to the Yusuf Goth Health project. A decade ago, Yusuf Goth was a slum with dirt tracks full of potholes instead of roads and garbage over. There were no proper schools or clinics within five miles. APWA set up a community centre and clinic. Consequently, Rahim Goth Clinic was started and has been effectively functioning since. At the same time, it was important to note that this clinic was built through funds given by TAPAL Energy Company and would not have been possible without its financial assistance. On the other hand, the Adult Literacy Programme was conducted by APWA, which enabled an illiterate person to practice basic math, and read and write in Urdu.

Recently, APWA has launched its long awaited IT



Training program for the purpose of empowering women in IT Technology. Laila Sarfaraz discussed the significance of allowing Pakistani women to learn IT so they could play their due role in the economic growth of the country, and emphasized the need for acquiring IT skills. APWA understands that segregation of women from the mainstream economy, results in a slow pace of growth. In order to overcome that, women must acquire skills and expertise to compete and play a positive role in strengthening the economy. Information Technology indeed is a field that is developing at a fast speed, opening up new job possibilities every day.

A lot of people are not aware of the APWA Legal Aid Call Centre. All Pakistan Women's Association in association with Justice (Retd) Nasir Aslam Zahid have jointly started this facility to provide legal advice to people on 111-279-252. People will have no reason to be ignorant of their rights. All callers (especially those who cannot afford services of a professional lawyer), will be provided free legal advice and private consultation regarding any matter over the phone by APWA's trained personnel who will assist them with a lawful solution or

enlighten what choices are available to them for further assistance.

Laila Sarfaraz, the predominant brainchild of APWA, along with her team is working on APWA's upcoming projects for income generation and poverty eradication, health concerning projects and few related to the education sector.

As Gayla LeMaire said, "Volunteers are paid six figures - S.M.I.L.E.S!" APWA, being a proud association affiliated with ICW (International Council for Women), ACWW (The Association Country Women of the World), IAW (International Alliance of Women) and many more is by far the most prominent voluntary organization in Pakistan. People must never doubt this small group of selfless, thoughtful and committed citizens. Laila Sarfaraz pleads that young women must come forward to help selflessly. It is indeed true to say that the magnitude of our social problems will require that all citizens and institutions make a commitment to volunteering as a way of life and an opportunity to create a much needed change! 🔄